



# POSTPARTUM RESOURCE

GUIDE 2017

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**T**he Gallatin Valley has many resources for families, working to support the journey into parenthood. The Postpartum Resource Guide highlights those who have received specific training in perinatal mood and anxiety disorders as well as those who have worked with families in this unique developmental stage. With this list, families and providers will be able to connect the dots of postpartum support in our community. The Postpartum Resource Guide does not serve as a recommendation or endorsement of specific providers, but simply serves as an informational listing for those seeking support. If you or someone you love needs help, please know you are not alone.

**IF YOU ARE AFRAID YOU MAY HURT YOURSELF, YOUR BABY OR SOMEONE ELSE,** call the **HELP Center Crisis line at 406-586-3333 or 1-800-273-TALK;** go to the nearest **Emergency Room** or call **911**. More information about the **Help Center** can be found at [bozemanhelpcenter.org](http://bozemanhelpcenter.org).

To contact the local Postpartum Support International volunteer who is available to help navigate resource options, please call Nadine Grayl at 406-548-4675.

For more information about perinatal mood and anxiety disorders or how to help a loved one, please visit: [southwestmtpostpartum.com](http://southwestmtpostpartum.com), Postpartum Support International at [postpartum.net](http://postpartum.net) or call the PSI Warmline at 1-800-994-4773.

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Published by *Montana Parent*

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*This resource guide was printed (in part) under grant number (5H79SM061545-03 ) from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.*

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montana parent



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**Livingston  
HealthCare**

Billings Clinic Affiliate



BOZEMAN HEALTH  
DEACONESS HOSPITAL

## CONGRATULATIONS ON YOUR NEW ARRIVAL. NOW WHAT?



Having a baby is among the happiest experiences in life. But for some it can also create complications and challenges.

That's why Bozeman Health Deaconess Hospital offers a free **Post-Partum Support Group** where you'll find encouragement and acceptance as you share concerns with other new mothers. You're welcome to join us Thursday evenings from 6:00 to 8:00 in the Sapphire Room.

Also available at no charge is a **Breastfeeding Support Group** in Big Sky. Join us from 9:30 to 11:30 on the first and third Monday mornings every month.

406 414-5000 | [bozemanhealth.org](http://bozemanhealth.org)



The professionals at Spring can help you through:

- ✿ Bringing balance after birth; physically, mentally and emotionally
- ✿ Hormones
- ✿ Mineral deficiencies
- ✿ Depression
- ✿ Postpartum nutrition
- ✿ Overall support of life transitions
- ✿ Helping to build inner resilience
- ✿ Overcoming past traumas and navigate future challenges

Our goal is to combine the best of all medical practices  
to benefit you in your postpartum care

[www.springintegrativehealth.com](http://www.springintegrativehealth.com)

406-586-2626



## SUPPORT NETWORKS

Through one-on-one and group support, new parents have the opportunity to validate experiences and gain guidance and encouragement. Please contact the support leader for specific information about each individual program. All offerings are FREE.

### BLOSSOM MOM

A welcoming and nurturing group for moms with babies 0–6 months who wish to discuss the joys and challenges of new parenthood while gaining wisdom from other mothers along the way.

- » Held monthly on the second and fourth Wednesday, 10:30 a.m.–noon at Renew Yoga and Massage, 438 E. Mendenhall St.
- » **CONTACT: SUZANNE BENDICK**  
rootsfamilycollaboartive.com  
hello@rootsfamilycollaborative.com  
406-570-0738

### HEALTHY GALLATIN HOME VISITING

Healthy Gallatin Home Visiting is a support network for families that provides health checks, screenings, education and encouragement. Home visiting services are free. Through one-on-one visits with a nurse, social worker or family support worker, you can build a trusted relationship, get prenatal and parenting support and have your questions answered to better prepare yourself for successful parenthood. We recognize that dads need support too. Our program offers services specific to dads and the wide variety of fatherhood issues that can arise.

- » **CONTACT: AMIE GATTERDAM**  
Amie.Gatterdam@gallatin.mt.gov  
406-582-3100

### POSTPARTUM SUPPORT GROUP

A facilitator-led mother-to-mother group where moms can find encouragement, acceptance and share concerns in a supportive space.

- » Held on Thursdays, 6–8 p.m. at Bozeman Health in the Sapphire Room
- » **CONTACT: NADINE GRAYL, MA**  
Ngrayl@bozemanhealth.org  
406-548-4675

»



## BREASTFEEDING SUPPORT

The early postpartum period is a crucial time for breastfeeding support for new families. Mothers who have physical and emotional support during this time are more likely to have a successful breastfeeding relationship and feel better overall about mothering their infant(s). Bozeman has a big breastfeeding network from in-home care to various support groups.

### BABY BISTRO

Staffed by Certified Lactation Counselors, Baby Bistro gives mothers an opportunity to share experiences and get breastfeeding support in a nonjudgemental environment.

- » Held on Thursdays, 11 a.m.–noon in the Children's Library at the Bozeman Public Library, 626 E. Main St.
- » **CONTACT: MELÉNIE DUVAL**  
melenie.duval@gallatin.mt.gov  
406-539-1741

### BOZEMAN BREASTFEEDING SERVICES

Private practice international board-certified lactation consultants, Terri MacNichol and Jaime June, focus on the concerns and needs of the mother-baby pair, working to prevent breastfeeding difficulties and to solve issues that might arise. Jaime and Terri both love being part of the Bozeman breastfeeding community, offering home visits, clinic visits, going-back-to-work consults and breastfeeding classes. Jamie and Terri are passionate about promoting, protecting and supporting all breastfeeding families.

- » **CONTACT: TERRI MACNICHOL, RN, BSN, IBCLC**  
trmacnichol@gmail.com  
253-278-5740
- » **CONTACT: JAIME JUNE, BS, IBCLC**  
jjune932@gmail.com  
406-570-3744





## BOZEMAN HEALTH FAMILY BIRTH CENTER LACTATION

Bozeman Health is pleased to offer personal counseling provided by an obstetrics nurse specially trained and certified in lactation. If feeding your newborn becomes an issue, you can receive follow-up care and assistance at the hospital with lactation consultants. Prenatal breastfeeding classes are taught by certified lactation counselors who share tips and techniques for successfully feeding your newborn. Visit [bozemanhealth.org](http://bozemanhealth.org) for information on breastfeeding classes.

» **CONTACT: BECKIE WALTERS, RN, BSN, IBCLC**  
406-414-5578  
[bwalters@bozemanhealth.org](mailto:bwalters@bozemanhealth.org)

## HEALTHY GALLATIN WIC BREASTFEEDING PEER COUNSELING

The Women, Infants and Children (WIC) Supplemental Nutrition Program is a supplemental food and nutrition program for low-income pregnant, breastfeeding and postpartum women and children under age 5. As the Healthy Gallatin WIC Breastfeeding Peer Counselor, Amber provides breastfeeding support, encouragement and education to families who qualify for the WIC program.

» **CONTACT: AMBER CAMPANELLI, CLC**  
[Amber.campanelli@gallatin.mt.gov](mailto:Amber.campanelli@gallatin.mt.gov)  
406-582-3115

## LA LECHE LEAGUE OF BOZEMAN

La Leche League meetings offer breastfeeding information, support and encouragement in a warm and friendly environment. Meetings are open to all women with an interest in breastfeeding. Pregnant women are encouraged to attend as well. Babies and toddlers are always welcome, and nutritious snacks are served.

» **Held monthly at noon on the second Tuesday at the Grand Avenue Christian Church, 110 S. Grand Ave.**

» **CONTACT: LA LECHE LEAGUE**  
406-582-5688

## LACTATION EDUCATION PROGRAM

The Lactation Education Program of the Gallatin City-County Health Department creates networks of support for pregnant and breastfeeding families in rural communities across Gallatin, Park and Madison counties. Services include a 24-hour breastfeeding hotline, tele-health visits, home-visits, clinic visits when available, peer support groups and breastfeeding classes. Melenie has 19 years of experience working with families to meet their feeding goals.

» **CONTACT: MELÉNIE DUVAL, PROGRAM COORDINATOR**  
[melenie.duval@gallatin.mt.gov](mailto:melenie.duval@gallatin.mt.gov)  
406-582-3182

## LIVINGSTON BABY BISTRO

Staffed by Certified Lactation Counselors, Baby Bistro gives mothers an opportunity to share experiences and get breastfeeding support in a nonjudgemental environment.

» **Held every other Wednesday, 11 a.m.-1 p.m. at the Livingston Public Library in the Stevenson Community Room**

» **CONTACT: MELÉNIE DUVAL**  
[melenie.duval@gallatin.mt.gov](mailto:melenie.duval@gallatin.mt.gov)  
406-539-1741

## THE MILK CLUB

Stacey Haugland, Certified Professional Midwife and the Birth Place offer a free weekly breastfeeding support group for all moms. The group is a comfortable space for women and babies to access guidance and community. The facilitators are trained in lactation support (IBCLC or CLC) and can offer referrals for other providers. A safe play area is available for older children too.

» **Held on Fridays, 10:30 a.m.-12:30 p.m. at The Birth Place, 820 N. Wallace Ave.**

» **CONTACT: STACEY HAUGLAND**  
406-581-2073



## MENTAL HEALTH COUNSELORS

Psychotherapists provide counseling, information and resources, but cannot prescribe medication. These individuals have interest and experience in working with new and expectant mothers experiencing a range of perinatal mood and anxiety disorders.

### LAURA BAILEY, LCPC

Laura has been in private practice for more than 12 years and has extensive training and experience in supporting individuals with relationship issues, disordered eating, life transitions, LGBT, grief and loss and perinatal mood and anxiety disorders. She works from an attachment-focused orientation and believes healthy relationships and support are an essential component to living a healthy, satisfying life.

» **CONTACT: LAURA BAILEY, LCPC**  
406-539-8890

### REBECCA CASTO, LCPC

Rebecca Casto is a wife, mother and Somatic Psychotherapist who guides clients in building inner resilience that will help them overcome past traumas and navigate future challenges. Postpartum mothers and families can greatly benefit from loving support, while learning the tools to guide them during this blessed and challenging transition. If you have the appropriate support, then shame, depression and anxiety don't have to be the standard.

» **CONTACT: SPRING INTEGRATIVE HEALTH**  
springintegrativehealth.com  
406-586-2626

### LEXI FRANK NEWHALL, MA, MFT, LCPC

Lexi specializes in working with women of all ages. She has extensive experience with pre- and postnatal care from teaching prenatal yoga and counseling new moms and moms-to-be. As a mother herself, Lexi is well aware of how a baby changes your relationship to yourself, your partner, your body and the world around you. Using mindfulness, body awareness, empathic listening and skill-building exercises, Lexi offers a safe space for you to cultivate your inner wisdom and live your most meaningful and fulfilling life as a new mom.

» **CONTACT: LEXI FRANK NEWHALL**  
Lexifranknewhall.com  
Lexifranknewhall@gmail.com  
415-465-4009

### GALLATIN MENTAL HEALTH CENTER

The Gallatin Mental Health Center offers comprehensive behavioral health care in Gallatin and Park counties. Services include psychiatric care, outpatient therapy, case management, supported employment, crisis stabilization and more. Medicaid, Medicare, private insurance and a sliding fee for the uninsured are accepted. Dr. Anne Rich, Psychiatrist, is on staff and has extensive training in perinatal mood, anxiety and psychosis through both inpatient and outpatient professional endeavors. Therapists on staff have both training and experience treating clients experiencing pregnancy loss, issues in the intrapartum and postpartum periods, as well as general mental health issues.

» **CONTACT: GALLATIN MENTAL HEALTH CENTER**  
gallatinmentalhealth.org  
Bozeman@wmmhc.org  
406-556-6500

### HOPE HOUSE

Hope House provides crisis stabilization through a 24-hour monitoring period for persons 18 years and older suffering from a mental health crisis, offering a safe environment in a therapeutic setting. Individuals receive medication management through an on-site medical provider. In addition, patients can receive individual, group and family therapies, peer support, nursing and case management.

» **CONTACT: Please call the Help Center at**  
406-585-1130 to discuss admission.

### SARAH KNELL, LCPC

Sarah specializes in women's health issues with an emphasis on birth transitions and perinatal support. She has been in private practice for 20 years and, in addition to perinatal support, Sarah works with anxiety/depression, eating disorders, attachment issues, relationship transitions, chronic illness and somatic concerns. The transition to motherhood is a life-changing one for women and families and Sarah looks forward to providing the needed support.

» **CONTACT: EVOLUTION COUNSELING**  
evolution.skneel@msn.com  
406-586-5161



# HATCH!

PEDIATRICS

Learn about  
postpartum  
depression  
at [hatch.md](http://hatch.md)

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and Everything  
In Between

(406) 587-5870 280 W KAGY BLVD



612 E. Main St. – Suite C  
Bozeman, MT  
406.522.3722  
[www.epicentertherapy.com](http://www.epicentertherapy.com)

Epicenter Therapy Services is an outpatient pediatric clinic providing Occupational, Physical, and Speech Therapy services to children in southwest Montana.

Our knowledgeable staff specialize in:

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- Gait Training
- Oral Motor Strengthening
- Social Skills Training
- Feeding
- Fine and Gross Motor Development
- Visual Perceptual/Visual Motor Training

**Epicenter is now accepting new patients!**  
**Call to set up an evaluation appointment**



## AMBER REILLY, LCPC

Amber received her license as a clinical social worker in 2014, however she has worked in the mental health field for Gallatin Mental Health Center since 2004. Amber's practice focuses on utilizing CBT techniques in order to treat mood disorders. Amber has specific training in treating perinatal mood disorders and emphasizes a strong therapeutic rapport with those seeking help moving forward.

» **CONTACT: GALLATIN MENTAL HEALTH CENTER**  
areilly@wmhmc.org  
406-556-6500

## KATE ROBINETT, MS, LCPC

Kate has advanced training in assessing and treating postpartum depression and related perinatal mood disorders. She completed Advanced Clinical Training in the assessment and treatment of postpartum depression in 2009. Kate provides emotional and mental support, counseling and education to women and families who experience any type of difficulty related to pregnancy, pregnancy loss and the postpartum period. Treatment is based on the unique needs of the mother, couple and/or family and offered in a safe, nurturing environment.

» **CONTACT: KATE ROBINETT**  
kbrobinett@gmail.com  
406-581-9050

## JENNIFER VICIEDO, MS, LCPC

Jen provides compassionate counseling and education during the pregnancy and postpartum period using elements of interpersonal, cognitive and supportive therapies to increase self-fulfillment and daily functioning during this important time. Jen works with women and families who have concerns regarding anxiety, intrusive and scary thoughts, intense worry, obsessive compulsive behaviors, bonding difficulties, depression, rage, grief, shame, loss, birth trauma, life transitions, sibling concerns, relationship changes, communication difficulties, role definition, self-esteem and personal growth.

» **CONTACT: JENNIFER VICIEDO**  
jenniferviciedo.com  
Jen@viciedo.com  
406-570-3547

## NATUROPATHIC DOCTORS

**Naturopathic medicine focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. Naturopathic doctors treat all medical conditions while combining the wisdom of nature with the rigors of modern science. By using protocols that minimize the risk of harm, naturopathic physicians help facilitate the body's inherent ability to restore and maintain optimal health.**

### DR. BRONWYN BACON, ND

Dr. Bacon practices primary and family medicine in Bozeman. A large portion of her practice is working with individuals struggling with anxiety or other mood disorders, including women in the postpartum period. She addresses these conditions with a comprehensive assessment of hormones, neurotransmitters, contributing health conditions and environmental factors. She then works to address the root cause of the patient's symptoms and concerns. She believes that true vitality is achieved when there is balance between all aspects of a person's health.

» **CONTACT: ELEVATE HEALTH**  
ElevateHealthMT.com  
DrBacon@ElevateHealthMT.com  
406-219-3631

### DR. ALISUN BONVILLE, ND

Dr. Bonville is dedicated to women's health and has been in practice for 10 years. She knows that after pregnancy many women are fatigued, deficient in nutrients and hormonally imbalanced. Postpartum support with Dr. Bonville focuses on treating the underlying cause of any imbalance by combining mental-emotional and physical therapies. Dr. Bonville uses "functional medicine" to support postpartum health by assessing and balancing all hormones, enabling healthy genetic expression, providing neurotransmitter support and replenishing amino acids, vitamins and minerals.

» **CONTACT:**  
**SPRING INTEGRATIVE HEALTH**  
springintegrativehealth.com  
406-586-2626

### DR. NOELLE BUTLER, ND

Dr. Butler supports a patient's hormones, nutrition and musculoskeletal system when postpartum depression is present. Dr. Butler knows postpartum depression on a personal level because she suffered for more than a year until she finally reached out to a fellow naturopath for help. Dr. Butler believes physical, mental and emotional support is critical. It is her hope that any family suffering

will reach out as soon as possible to the amazing community of providers at Spring Integrative Health.

» **CONTACT:**  
**SPRING INTEGRATIVE HEALTH**  
springintegrativehealth.com  
406-586-2626

### **DR. HOLCOMB JOHNSTON, ND**

Dr. Johnston provides multifaceted care for postpartum mamas including hormone, neurotransmitter (brain chemistry), stress pathway and thyroid analysis, along with balancing, well-woman exams and nutritional evaluation. Dr. Johnston also uses cranial-sacral therapy and holistic pelvic care to help restore the pelvic bowl and body after birth. Dr. Johnston's training includes a doctorate from the National College of Natural Medicine, study of botanical medicine, classes in cranial-sacral therapy, reiki level two and techniques for postpartum care such as belly binding and sealing ceremonies.

» **CONTACT:**  
**SWEETGRASS NATURAL MEDICINE**  
dr.holcomb@sweetgrassmedicine.com  
406-585-9113

### **DR. CHARLOTTE MASSEY ND, MSAOM**

Dr. Charlotte Massey provides comprehensive holistic health care for mothers with postpartum depression and their partners. For mothers, Dr. Massey provides a thorough assessment including hormone evaluation, neurotransmitter testing, thyroid and stress-related hormone assessment and nutritional analysis. For partners, Dr. Massey works in conjunction with the mother, and one-on-one, to determine stress and health care needs. Her treatments include whole foods recommendations, lifestyle support as well as herbal, hormonal and nutrient therapies.

» **CONTACT: DR. CHARLOTTE MASSEY**  
info@drcharlottesmassey.com  
406-219-0033

## **OBSTETRICIANS/GYNECOLOGISTS/ PEDIATRICIANS**

**Medical practitioners are trained to assess physical health, as well as recognize mental health issues and be an integral part of the support team for both baby and parent. Medical practitioners can prescribe necessary medications and are well-connected to resources in the community.**

### **SUSAN DANIELS, MD**

Dr. Daniels has 15 years of experience helping mothers with postpartum depression or anxiety. She works closely with her nursing staff to identify concerns, and partners with OB-GYN physicians and others in the community to assure treatment when needed. Dr. Daniels is currently accepting new patients.

» **CONTACT: HATCH PEDIATRICS**  
hatch.md  
406-587-5870

### **SHELBY HAUGAN, MD, FACOG**

Dr. Shelby Haugan wants healthy mothers and families in Gallatin County. She understands that complete care requires a variety of approaches, and she will help you get the care you need.

» **CONTACT: BOZEMAN OB/GYN - BILLINGS CLINIC**  
billingsclinic.com  
406-587-9202

### **SAM SILLITTI, MD, FACOG**

Dr. Sillitti is a board-certified practicing obstetrician who did his medical school and residency training at Rush University Hospital in Chicago. Perinatal depression is a very important issue to him as he cares for his patients. It is underdiagnosed nationally, and addressing this problem is an extremely important public health issue. Dr. Sillitti feels that each individual requires personal attention for diagnosis and further care.

» **CONTACT: BOZEMAN OB/GYN - BILLINGS CLINIC**  
billingsclinic.com  
406-587-9202

### **JENNIFER YARGER, MD, OB-GYN**

Dr. Yarger is originally from eastern Montana. She received her undergraduate degree from Montana State University in Bozeman and her medical degree from University of North Dakota School of Medicine and Health Sciences, and graduated in 2005. She went to residency at Grand Rapids Medical Education and Research Center at Michigan State University and graduated in 2009. Dr. Yarger practiced in California and Indiana for six years prior to joining Billings Clinic Bozeman OB/GYN.

» **CONTACT: BOZEMAN OB/GYN - BILLINGS CLINIC**  
billingsclinic.com  
406-587-9202



## Home Birth ~ Gentle Transitions



**Marianne Fieweger-Donch, LM**  
406.570.4359 | [bridgerbirthing@gmail.com](mailto:bridgerbirthing@gmail.com)

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3502 Laramie Drive, Suite 1  
Bozeman, Montana 59718  
406.586.8112



## MIDWIVES

Midwifery is a woman-centered empowering model of maternity care. Midwives are trained professionals with expertise and skills in supporting women to maintain healthy pregnancies and have optimal births and recoveries during the postpartum period. Midwives provide women with individualized care uniquely suited to their physical, mental, emotional, spiritual and cultural needs.

### CASSIE BELZER, FNP, CNM

Cassie Belzer is a native Montanan with more than 17 years of nursing experience in women's health and now five-and-a-half years as a Certified Nurse Midwife at Bozeman Health. Helping families through all the feelings of the perinatal phase of life is her passion. She has worked with depression, PTSD, anxiety, perinatal loss and assault victims. If Cassie is unable to help, she is dedicated to helping her patients find someone who can.

» **CONTACT: BOZEMAN OB/GYN - BILLINGS CLINIC**  
billingsclinic.com  
406-994-9846

### MARIANNE DONCH, LM

Marianne Donch is a licensed midwife, DONA birth doula and trainer, childbirth educator, and a Certified Lactation Counselor. She has been offering her expertise to families for more than 15 years, and tailors her services to each family's needs. Marianne offers one-on-one support, including private childbirth classes, home birth services and lactation consultations in the home. Marianne spends time listening before making suggestions, and takes care to integrate and educate all family members to ensure a smooth postpartum transition.

» **CONTACT: BRIDGER BIRTHING LLC**  
bridgerbirthing.com  
bridgerbirthing@gmail.com  
406-570-4359

### STACEY HAUGLAND, CPM

Stacey Haugland, and the Birth Place offer a free weekly breastfeeding support group for all moms. The group is a comfortable space for women and babies to access guidance and community. The facilitators are trained in lactation support (IBCLC or CLC) and can offer referrals for other providers. A safe play area is available for older children too.

» **CONTACT: THE BIRTH PLACE**  
birthplacebozeman.com  
406-581-2073

### KAYLA WRIGHT, CNM AND JAZMIN PRICE, CPM

Kayla and Jazmin are Certified Lactation Counselors who offer direct 24-hour access for immediate lactation support. Kayla completed the certificate training for perinatal mood and anxiety disorders and has experience in assisting mothers and babies during the early postpartum period with breastfeeding support. Jazmin has more than eight years of professional breastfeeding support experience and more than 12 years of personal breastfeeding experience.

» **CONTACT: THE BOZEMAN BIRTH CENTER**  
bozemanbirthcenter.com  
406-585-0752

## OCCUPATIONAL THERAPISTS

Occupational therapy assistants help people across the life span participate in the things they want and need to do through the therapeutic use of everyday activities (occupations).

### JESSICA DUQUETTE, MOTR/L, CLC

Jessica provides a variety of services to assist families in improving the quality of their postpartum period. These services include postpartum doula work such as helping understand baby cues, meal preparation, etc. Jessica provides lactation services to promote breastfeeding relationships. She also provides occupational therapy services to improve baby's cognitive, physical, sensory and motor skills.

» **CONTACT: SKY'S THE LIMIT OCCUPATIONAL  
THERAPY AND BOZEMAN DOULA SERVICES**  
skythelimitot@gmail.com  
406-600-6600

## SPEECH PATHOLOGISTS

### ALYSSA PATTON, M.S., CCC-SLP, CLC

Alyssa Patton, a Montana native, is a speech-language pathologist and Certified Lactation Counselor at MOSAIC Rehabilitation. Her areas of professional interest include newborn and infant feeding and/or breastfeeding difficulties. Alyssa also addresses oral motor deficits in infants and young children, which may impact breastfeeding, bottle-feeding and transitioning to solid foods. Additionally, she assists mothers and babies when breastfeeding difficulties arise, which may include assessing the baby's latch, observing the nursing process, counseling mothers and providing corrective interventions.

» **CONTACT: MOSAIC REHABILITATION**

[mosaicrehabmt.com](http://mosaicrehabmt.com)  
[alyssa@mosaicrehabmt.com](mailto:alyssa@mosaicrehabmt.com)  
406-388-4988

## CHIROPRACTORS

### DR. KIMBERLY MAXWELL, DC

When you, your family and your friends are supported, your life can be lived with more ease. To find out more about the powerful and affordable benefits of the whole health chiropractic approach, contact Dr. Kimberly Maxwell who has 20 years of experience, and is a go-to resource for the health and well-being of your entire family. Dr. Maxwell provides prenatal, postpartum, pediatric and family care to help keep you and your family healthy, well and wise.

» **CONTACT: ABUNDANT HEALTH**

**FAMILY CHIROPRACTIC** [drmaxwell@AbundantHealthFamilyChiro.com](mailto:drmaxwell@AbundantHealthFamilyChiro.com)  
406-585-7000

### ALI SCHWEITZER, DC

Dr. Ali Schweitzer is a certified pregnancy and pediatric chiropractor. She specializes in care for the pregnant mother and postnatal care for mother and baby. She can help with all aches and pain associated with pregnancy, but also loves to help with sleep deprivation, latching issues, digestive issues and other postnatal concerns for both mom and baby. A well-adjusted mom and baby make for a healthy, happy family.

» **CONTACT: ACTIVE FAMILY CHIROPRACTIC & REHAB**

[info@activefamilybozeman.com](mailto:info@activefamilybozeman.com)  
406-556-0307



## COMPLEMENTARY PROVIDERS

**Bozeman is home to many complementary providers including, but not limited to, those who practice acupuncture, yoga, massage and craniosacral therapy, all of which can have a positive effect on postpartum mothers, babies and families.**

### SHANNON ANGEL, NCTMB, RYT-200, CPES

Shannon is nationally certified in therapeutic massage and bodywork, a registered yoga instructor, a Holistic Wellness Practitioner, therapeutic herbalist and a Placenta Encapsulation Specialist with 17 years of experience in the medical and healing arts industry. Shannon embodies a heart of service; inspiring to educate and empower the community with high vibration holistic wellness offerings that reflect her extensive knowledge of the mind, body, spirit connection.

» **CONTACT: WARRIOR WISDOM WELLNESS**

[warriorwisdomwellness.wordpress.com](http://warriorwisdomwellness.wordpress.com)  
918-902-5095

### LAUREN CHRISTIAN, PRE/POSTNATAL FITNESS, BABYWEARING EDUCATOR

Lauren works with new parents as a babywearing educator, teaching babywearing safety and skills while encouraging them to embrace their natural nurturing instincts. Lauren also motivates parents as a fitness instructor with a special focus on easing stress and back pain and inspiring "real life" fitness.

**CONTACT: TETHERED FIT**

[lauren@tetheredfit.com](mailto:lauren@tetheredfit.com)  
406-539-6966

### AMY HORNER, MPH, RD, CLC, LN

Amy has been practicing as a Registered Dietitian in Bozeman for the past 17 years. Amy has worked with many different populations but currently works at The Cozy Nest, providing Nutrition Therapy to children with special needs, as well as to those kids needing basic to comprehensive nutrition counseling. She also regularly facilitates Baby Bistro Breastfeeding Support Group, offering her expertise to moms with feeding difficulties.

» **CONTACT: THE COZY NEST**

[amy@thecozyne.net](mailto:amy@thecozyne.net)  
406-587-2755



## JOY JOHNSON, BCTMB, LMT

As a nationally certified massage therapist specializing in pre and postnatal massage, Joy has been supporting women transitioning into motherhood for 26 years. She enjoys offering highly experienced, nurturing touch for physical and emotional relief to new moms in a calm and grounding environment.

» **CONTACT: JOY JOHNSON MASSAGE THERAPY**

[joyjohnson.massagetherapy.com](http://joyjohnson.massagetherapy.com)

[joyjohnson@massagetherapy.com](mailto:joyjohnson@massagetherapy.com)

406-587-0818

## LINDSEY KELLEY, E-RYT, RPYT

Lindsey Kelley is a Yoga Alliance-registered teacher specializing in pelvic, prenatal and Baby & Me yoga with training in Hatha and Iyengar lineages. In addition, she offers Belly Dance for Maternity and Postpartum. As a birth doula, placenta service provider and women's advocate, she strives to provide a nurturing quality in all of her services.

» **CONTACT: SWEET ZENITH**

[sweetzenith.com](http://sweetzenith.com)

[lindsey@sweetzenith.com](mailto:lindsey@sweetzenith.com)

406-531-4638

## ANGELA KOCIOLEK, L.AC.

As a licensed acupuncturist, Angie takes a holistic, personal approach to integrate the physical symptoms of illness without separating emotional and spiritual ailments. Acupuncture and Chinese herbal medicine can help to replenish the body, reduce stress and anxiety, improve sleep and energy, help with lactation issues and achieve emotional balance. Angie's specialized training in the Five Element tradition emphasizes seeing people not only as they present themselves in illness, but more importantly as they would be when in health and balance.

» **CONTACT: ROOTSTOCK ACUPUNCTURE LLC**

[angie@rootstockacupuncture.com](mailto:angie@rootstockacupuncture.com)

406-209-2570

## JESSICA NEARING, LMT

Jessica focuses on helping people find balance through massage to calm the mind, body and soul. Prenatal and postpartum massage provides relaxation for mothers to allow their bodies to flow with ease throughout the changes of pregnancy and postpartum.

» **CONTACT: CANYON RIVER SPA**

[canyonriverspa.com](http://canyonriverspa.com)

406-551-2772

## LAUREN OECHSLI, LICENSED ACUPUNCTURIST

Chinese medicine has a long history of treating postpartum women. Gestation and childbirth commonly result in depleted blood, energy and reserves. The long-term health and well-being of the mother, as well as the vitality of baby, depend on mother's recuperation especially in the first one-to-four months. Weekly acupuncture, a custom baby-safe herbal formula and lifestyle advice are valuable tools for successful breastfeeding and a full and fast recovery.

» **CONTACT: SPRING INTEGRATIVE HEALTH**

[springintegrativehealth.com](http://springintegrativehealth.com)

406-586-2626

## GLORIA OVERCASH, YOGA TEACHER, POSTPARTUM MOTHER ROASTER

Gloria teaches Kundalini yoga for mothers with a focus on regaining physical strength and uplifting the spirit while sharing specific meditations for the more intense postpartum challenges like anxiety, rage, depression, insomnia and compulsive behavior. She offers a special series for mothers who have experienced traumatic childbirth or pregnancy loss. Also a Sacred Postpartum Mother Roaster, Gloria uses ancient traditions to honor women as they heal and seal from the rawness of birth.

» **CONTACT: BLISSFUL FAMILY YOGA & SEVA SHAKTI MOTHER CARE**

[blissfulfamilyyoga@gmail.com](mailto:blissfulfamilyyoga@gmail.com)

406-595-2547

## JOSH OVERCASH, CBP, LMT, CFT

Since 2008 Josh has been supporting mothers and babies using a variety of modalities. From structural integration for the pelvis, to balancing the brain and hormonal secretions, to supporting healthy sleep cycles, to releasing scar tissue and freeing up fascia tension, Josh helps mothers find a better "new normal." He has helped mothers with birth trauma, depression and anxiety. Josh works to bring balance to mothers and babies on a physical, mental and emotional level.

» **CONTACT: SPRING INTEGRATIVE HEALTH**

[springintegrativehealth.com](http://springintegrativehealth.com)

[jbovercash@springintegrativehealth.com](mailto:jbovercash@springintegrativehealth.com)

406-586-2626



## MEGAN ULRICHS, MSHN

Megan holds a masters degree in the science of holistic nutrition. She works with individuals struggling with mood disorders, ADD, ADHD, depression, PMS, postpartum fluctuations and anxiety. Her emphasis is on educating clients on the importance of nutrition to support the brain and body for optimal health. In combining dietary and lifestyle changes, Megan has enabled her clients to experience profound improvements in emotional health and overall well-being.

» **CONTACT: SPRING INTEGRATIVE HEALTH**  
springintegrativehealth.com  
406-586-2626

## RHIANNA WEAVER, L.AC.

Rhianna has a Masters of Science in Oriental Medicine and specializes in women's health, fertility, pregnancy, labor, and childbirth and postpartum care. She has completed more than 3,000 hours of class training in both western and eastern medicine, and more than 1,000 hours of clinical experience treating both adults and children. She has completed multiple internships including one year of OB-GYN rotation. Rhianna is passionate about easing the suffering of women. She loves to educate, empower and guide women to find their true selves and fulfill their ultimate goals and ambitions.

» **CONTACT: PEOPLE'S REPUBLIC OF HEALTH**  
prhacupuncture.com  
406-577-2650



## DOULAS

### AVEREE CHIFAMBA, BIRTH DOULA, CHILDBIRTH EDUCATOR, PLACENTA SPECIALIST

As a birth doula, childbirth educator and Placenta Encapsulator, Avere highly honors mothers and their ability to bring babies into the world. She works hard to provide her clients with the valuable tools needed to navigate the sacred birth and postpartum space. Avere respects each woman's journey into motherhood and wants to empower her to make the decisions that are right for her and her family.

» **CONTACT: SADDLE PEAK BIRTH**  
saddlepeakbirth.com  
saddlepeakbirth@hotmail.com  
406-599-3153

### JESSICA HUNTER, BIRTH DOULA, CHILDBIRTH EDUCATOR

Jessica wants to live in a world where women have the support they need and can nap on demand. Her goals are to empower women in their journeys. Her experience includes high-risk births, water births, augmented births and natural births in all settings. When she's not blogging, you can find her cleaning boogers off her hardwood floors and enjoying a run. Services include birth education, doula support, continuous labor and delivery support, breastfeeding education and postpartum support.

» **CONTACT: EMPOWERING CHILDBIRTH**  
empoweringchildbirth.webs.com  
jessicahunter.doula@gmail.com  
406-600-5738

## POSTPARTUM DOULAS

A postpartum doula works to help new parents learn, adapt and feel confident in meeting the needs of their newborn, while creating a rhythm together, which is both nurturing and sustainable for the whole family. They have knowledge about postpartum recovery, breastfeeding and newborn care. Their services vary depending on the family's needs, and might involve anything from a one-time visit for information and advice to providing weekly care for six months or more. Postpartum doulas often say they "mother the mother."

### SUZANNE BENDICK, POSTPARTUM DOULA, CLC

As a postpartum doula and the Founder of Roots Family Collaborative, Suzanne believes every family deserves support on their journey from pregnancy to parenthood. She protects and supports a mother's ability to take care of her newborn while helping the family create a rhythm



that feels both sustainable and nurturing. Suzanne's services can range from emotional support to practical help with running the household. She is also a Certified Lactation Counselor and can quickly help identify and guide new parents through many early breastfeeding struggles.

» **CONTACT: FRESH AIR LLC**  
suzbendick@gmail.com  
406-570-0738

## **RACHAEL BYRNES, RN,BSN, CLC, POSTPARTUM DOULA**

Rachael works at the Bozeman Birth Center as an RN & CLC, and also offers services as a postpartum doula. With degrees in Nursing and Psychology, and a background in home health visiting as a nurse, Rachael brings a unique aspect to postpartum care. She nurtures mothers with a gentle, helping hand – providing emotional and physical support, as well as education and reassurance on topics such as breastfeeding, newborn cues, bonding and much more.

» **CONTACT: LIVING IN HARMONY POSTPARTUM  
DOULA SERVICES**  
livinginharmonydoula.com

## **KELLI STANLEY, BIRTH AND POSTPARTUM DOULA, CLC**

Kelli supports women (and their families) throughout pregnancy, birth and their journeys into motherhood. Whether helping a first-time mom or a seasoned one, she believes in the power of fellow caring and compassionate women during this very intimate, vulnerable and self-changing life event. Navigating life as an expectant mom, becoming a mother, getting to know a “new” body and managing the day-to-day activities with a newborn can all be challenging, physically and emotionally. However uncertain at times, the experience can evolve smoothly, especially with a knowledgeable guide at your side.

» **CONTACT: TREE OF LIFE DOULA CARE**  
treeoflifedoula.kelli@gmail.com  
406-579-8157

## **PEDIATRIC SLEEP**

### **MYRA HARTZHEIM**

As a Gentle Sleep Coach, Myra works with families to help their children sleep well using gentle, evidence-based, proven methods, allowing mom and dad the “room” to get the sleep they desperately need. Myra is passionate about empowering and

helping families with sleep struggles and guiding and supporting them into restful nights. Myra is a Certified Gentle Sleep Consultant, certified and trained by Kim West, AKA “The Sleep Lady.”

» **CONTACT: HEARTS AND DREAMS**  
myra@heartsanddreams.net  
406-595-6972

## **OTHER RESOURCES**

**Bozeman has many opportunities for moms and babies to get out of the house to connect with other new families.**

### **BOZEMAN PUBLIC LIBRARY**

Bozeman Public Library has many opportunities for parents and children to connect and play.

» **CONTACT: bozemanlibrary.org**

### **MONTANA CHILDBIRTH COLLECTIVE**

Get to know more about local birth workers and their mission to support childbearing women and families on their journey from pregnancy to parenting.

» **CONTACT: montanachildbirthcollective.org**

### **MONTANA PARENT**

Stay up to date with local events for families, information about local businesses and more.

» **CONTACT: mtparent.com**

### **MOTHERS MILK BANK OF MONTANA**

The Mothers' Milk Bank of Montana collects, screens, pasteurizes and distributes human donor milk to infants with a medical need for milk. Donor milk can not only save the life of premature and sick infants who are failing to thrive or have life-threatening diseases, but can help a mom who is unable to feed her baby for any reason.

» **CONTACT: JESSICA WELBORN**  
info@mothersmilkbankofmt.org  
406-531-6789  
mothersmilkbankofmt.org

### **ROOTS FAMILY COLLABORATIVE**

Roots Family Collaborative is dedicated to nurturing families in the Gallatin Valley by providing support, connection and education.

» **CONTACT: rootsfamilycollaborative.com**

### **THRIVE**

Mentoring, education and support for Montana families since 1986.

» **For more information about The Parent Place activities, events and classes for families visit allthrive.org** 





## Bozeman OB/GYN Billings Clinic

### The birth of your baby, **your way.**

Our certified nurse midwives (CNM) work in collaboration with our ob/gyn specialists to provide you the highest quality of personalized care.

***Services include:***

- Prenatal health care and education
- Breastfeeding education and support
- Support throughout labor and birth, providing a positive and safe experience with all options available in the hospital
- Postpartum (after childbirth) and ongoing well-woman care



*Cassie Belzer, CNM, MSN  
Brooke Cadwell, CNM, MSN*

**OB/GYN**

Tyler Bradford, MD  
Fanee Freeman, MD  
Shelby Haugan, MD  
Amy Korten, MD  
Samuel Sillitti, MD  
Jennifer Yarger, MD

***Reproductive Medicine  
& Fertility Care***

Stacy Shomento, MD  
Christene McDonnell, PA

***CVS Genetic Testing***

William Peters, MD

***Nutrition and  
Diabetic Counseling***

Katie Sonnek, RD, LN

925 Highland Blvd,  
Suites 1210/1220

Monday-Friday,  
8 am to 5 pm

For more information or to make an appointment, call  
(406) 587-9202 or 1-866-587-9202 or visit [bozemanobgyn.com](http://bozemanobgyn.com)

